

# City of Normandy

## Community Disaster Response Tips



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## **Storm Readiness in the Community**

With the threat of disaster comes the responsibility of any neighborhood to be prepared to assist its residents to cope with disaster. While the local officials have established plans in place to deal with these disasters and will always be there in time of need, you as a community must be prepared to act quickly.

Preparing your household for disaster is the most important step in being able to deal with and survive any disaster. Establishing, relaying and practicing disaster plans as a family will assure that each member of your household will know what to do when or if the need arises.

- Learn about the community's warning signals: what they sound like and what actions you should take when you hear them.
- Meet with all members of your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather, and earthquakes to children. Plan to share responsibilities and work together as a team.
- Create and maintain a disaster/emergency home kit. (Described on the next page.)
- Know the locations of shutoff valves to your homes gas, electric, and water. Leave a plumbers wrench within easy reach of the gas shutoff valve. Make sure all family members know how to shut off each valve.
- Post emergency telephone numbers by phones (fire, police, ambulance, and neighbors.)
- Teach children how and when to call 9-1-1 for emergency help.
- Install smoke detectors on each level of your home, especially in or near bedrooms.
- Train each household member on how to use the fire extinguisher (ABC Type) and show them where they are stored.
- Find the safe places in your home for each type of disaster.
- Determine the best escape routes from your home. Find at least two ways out of each room.
- Pick two places to meet/Emergency Assembly Point (EAP's).
  - Right outside your home in case of a sudden emergency, like a fire.
  - Outside your neighborhood in case you are unable to return home.

You should also get information regarding disaster plans at your workplace, your children's school or day care center, and other places where your family spends time.

These steps should be reviewed at the least, every six months to insure that your household will be ready and able to deal with any disaster.

There are six basics you should stock for your home in the case of an emergency. Water, food, first aid supplies, clothing/bedding, tools/emergency supplies, and medicine.

Keep the items that you will most likely need during an evacuation in an easy to carry container. Listed below is a comprehensive list of what should be included in your kit.

## **Water**

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Summer temperatures and physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- Store one gallon of water per person per day
- Keep at least a five-day supply of water per person, allow for some water to be used for sanitation and food preparation.

## **Food**

Store at least a five-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a couple of cans of sterno. Select food items that are compact and lightweight.

Include a selection of the following foods in your kit.

- Ready-to-eat canned meats, fruits, and vegetables.
- Canned juices.
- Salt, sugar, pepper, spices, etc...
- High energy foods.
- Vitamins.
- Baby food for infants.
- Comfort foods.

## **First Aid Kit**

Assemble a first aid kit for your home and one for each car.

- (20) Adhesive bandages, various sizes.
- (1) 5"X 9" sterile dressing.
- (1) Conforming roller gauze bandage.
- (2) Triangular bandages.
- (2) 3 X 3 sterile gauze pads.
- (2) 4 X 4 sterile gauze pads.
- (1) Roll 3" cohesive bandage.

- (2) Germicidal hand wipes or waterless alcohol-based hand sanitizer.
- Box of antiseptic wipes.
- Box of medical gloves.
- Adhesive tape, 2" width.
- Anti-bacterial ointment.
- Cold pack.
- Scissors (large and small.)
- Tweezers.
- CPR breathing mask.

### **Non-Prescription Drugs**

- Aspirin
- Anti-diarrhea medication
- Antacid (upset stomach)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

### **Tools and Supplies**

- Mess kits, paper cups, plates, and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash
- Non-electric can opener
- Utility knives
- Fire extinguisher
- Pliers
- Tape
- Compass
- Matches in waterproof container
- Aluminum foil
- Plastic storage containers
- Flares
- Paper, pens, and pencils
- Needles and thread
- Medicine dropper
- Shut-off wrench, to turn off gas and water

- Whistle
- Plastic sheeting
- Map of the area

### **Sanitation**

- Toilet paper and towelettes
- Soap and liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

### **Clothing and Bedding**

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

### **Special Items**

- Remember family members with special requirements, such as infants and elderly or disabled persons.

### **For Baby**

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

## **For Adults**

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

## **Entertainment (based on the ages of family members)**

- Games (cards) and books
- Portable music device

## **Important Family Documents**

- Keep these records in a waterproof, portable container:
  - Will, **insurance policies, contracts**, deeds, stocks and bonds
  - Passports, social security cards, immunization records
  - Bank account numbers
  - Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Store your kit in a convenient place known to all your family members. Keep a smaller version of the supplies kit in the trunk of your car.
- Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc...
- Ask your physician or pharmacist about storing prescription medications

**Preparing well in advance of emergencies is one of the most effective ways to deal with any disaster. Please review precautions, and take the steps recommended here.**

## **Earthquakes:**

St. Louis lies on the New Madrid fault zone, the site of several large earthquakes in the early 1800s. Another large earthquake in the region could cause significant damage to the St. Louis area.

Prepare for an earthquake by taking a few minutes to identify possible hazards in your work area or home.

- Top-heavy, free-standing items that could topple. (Such as Flat Screen TV's)
- Heavy or breakable items on high shelves
- Heavy items hung on the wall or ceiling.
- Be aware that all utilities (gas/electric/water) will probably be down as a result of a severe earthquake. Emergency services may be extremely limited for up to 72 hours.
- Choose one out-of-state friend or relative that family members can call to learn of your whereabouts and condition.
- Store or have access to emergency supplies (water; nonperishable, ready-to-eat food; first aid kit; medicine; tools; portable radio; flashlight; fresh batteries; blankets; warm jacket; fire extinguisher) in a secure place at your residence and in your car.

## **During an earthquake:**

### **If you are inside:**

- **Stay put**, but evacuate tunnels, mechanical rooms, laboratories, and indoor swimming pools.
- **Take cover** under a sturdy piece of furniture. Stay away from glass, windows, and outside doors. If unable to move, cover your head and body with your arms, pillows, blankets, books, etc. to protect yourself from falling objects. Avoid high bookcases, mirrors, cabinets, or other furniture that might topple.
- Hold on until the shaking stops.
- Never take an elevator.

### **If you are outside:**

- Avoid trees, power lines and other hazards.
- Move to an open area if possible.
- Drop to the ground until the shaking stops.

### **If you are in a vehicle:**

- Pull over and stop your car.
- Do not stop on overpasses, underpasses or bridges.
- Stay in the vehicle until the shaking stops.

## **After an earthquake**

- Expect aftershocks. Each time one occurs, DROP, TAKE COVER and HOLD ON.
- Check yourself and others for injuries.
- Place all telephone receivers back on their hooks.
- Tune in to the radio, television or the Internet to get news and instructions.
- If you smell gas or chemical fumes, leave the building and gather outside at the designated Emergency Assembly Point (EAP) and do not attempt to re-enter the building until instructed to do so by firefighters or utility workers.
- Telephone the out-of-state person you designated so that family members and friends can call him or her to learn about your whereabouts and condition.
- For several days after a severe earthquake, be prepared for aftershocks. Common after a large earthquake, aftershocks can cause additional damage to weakened structures.

## **Tornados:**

- The Midwest is prone to violent weather. Broadcast radio, television and Internet weather sites issue severe weather alerts.

## **Before a tornado:**

- Familiarize yourself with the most favorable areas for shelter. Evacuate to the basement, an inside hallway, or an interior bathroom on the lowest level possible with a flashlight and radio.
- Familiarize yourself with the buildings evacuation plan.
- Be familiar with the weather service alert and siren system. There is a "test" in the St. Louis area the first Monday of each month at 11:00 a.m. unless there is an actual threat of severe weather or tornado.
- When the sirens are activated, take shelter immediately, there is no way to predict how much time you have. Taking time to turn on the television could cost you valuable seconds.

## **During a tornado:**

- Evacuate to the basement, an inside hallway on the lowest level possible with a flashlight and radio. Get under something sturdy and cover your head or assume a crouched position with arms over your head. Remain away from outside walls.
- Stay away from windows, particularly on the windward side and avoid shelter in large rooms with large unsupported roof spans.
- If outside in an automobile, do not try to outrace the tornado; drive at right angles away from the tornado's path. If there isn't time to evade the tornado or if you are on foot, take cover and lie flat in the nearest depression such as a ditch, culvert, excavation, or ravine.

## **After a tornado:**

- Help injured or trapped persons.
- Turn on the radio, television or go to the internet to get the latest emergency information and instructions.
- Use the telephone for emergency calls only.
- If you smell gas or chemical fumes, leave the building and gather outside at the designated Emergency Assembly Point (EAP) and do not attempt to re-enter the building until instructed to do so by firefighters or utility workers.

## **Active Shooter**

Several recent and tragic shootings on school campuses have heightened concern about what steps to take if you are confronted with a similar situation. The Normandy Police Department offers the following recommendations:

If you are involved in a situation where someone has entered the area and started shooting, the following actions are recommended:

1. Exit the building immediately.
2. Notify anyone you may encounter to exit the building immediately.
3. Call the police
4. Give the Dispatcher the following information:
  - a. Your name
  - b. Location of the incident (be as specific as possible)
  - c. Number of shooters (if known)
  - d. Identification of shooter (if known)
  - e. Number of persons who may be involved
  - f. Your location

If you are directly involved and exiting the building is not possible, the following actions are recommended:

1. Go to the nearest room or office.
2. Close and lock the door.
3. Cover the door windows.
4. Keep quiet and act as if no one is in the room.
5. DO NOT answer the door.
6. Call the police
7. Give the Dispatcher the following information:
  - a. Your name
  - b. Your location (be as specific as possible)
  - c. Number of shooters (if known)
  - d. Identification of shooter (if known)
  - e. Number of persons who may be involved

## **Normandy Police Response:**

Normandy police during a **blackout or other disaster** will continue to patrol the city streets in an effort to protect citizens and their property from those who see a disaster as an opportunity to commit various types of crimes.

It is very important that the citizens of the community stay vigilant and report any and all suspicious activity by calling 911 when they see something or someone that is suspicious.

Normandy Police will attempt to contact all affected residents by conducting a door to door canvas in which evacuation routes, plans, and or special instructions will be given to the residents. Please remember that due to downed power lines and trees, our response will not be as quick as it would if the streets were open and free of obstructions.

Depending on the length of the disaster and hazardous conditions involved, partnerships with area schools and public transportation services have been established in providing evacuation services to the residents of the community. The City of Normandy has also partnered with the Red Cross and other state and federal agencies to assist during disasters.

Immediately following a disaster, Normandy Police and Public Works as well as outside officials will seek the public's cooperation in assisting with the cleanup and the continuing search for victims. If you see someone that appears strange or suspicious in your yard ask to see their ID card. If you are not comfortable approaching the person yourself, call 911 for police response.

If you have an elderly or disabled neighbor, please check on them. If you have not or do not know, most utility companies can put those with special needs on a list that will get utilities back on faster during a disaster.

After storms and tornadoes, avoid going into your backyard to examine trees or powerline damage. Danger exists from live power lines falling that are unseen and active, as well as falling tree branches. Unstable trees can lead to severe injury or death. To avoid further hazards **DO NOT USE** a chainsaw to cut large fallen trees that are leaning against fences, garages, or homes before a safety assessment has been made. Trees have the potential to roll or move causing you to be injured, crushed, or electrocuted by hidden electrical lines. Avoid climbing ladders due to wet surfaces which produce slip hazards. History has shown that the majority of injuries occur due to lifting of heavy items in the yard, working with power tools, falling off ladders, slipping on wet surfaces, and or working under unsafe conditions.

For more information visit, <http://www.ready.gov/>. This is a FEMA sponsored website with more information regarding disaster preparedness.

